

# EPCC NEWS

Evansville Psychiatric Children's Center  
Volume 20, Issue 4  
October 2020



The Joint Commission Accredited  
Medicaid Certified  
"Helping Kids SOAR"

## Red Ribbon Week

EPCC kids and staff participated in Red Ribbon Week during the week of October 26, 2020. Red Ribbon Week is a national drug abuse prevention campaign to encourage families to live drug free lives. The theme for 2020 was Be Happy, Be Brave, Be Drug Free.

Throughout the week, the children received education on how to remain drug free through different activities and small gift items. Staff and children helped kick off Red Ribbon Week on Monday the 26th by wearing red.



### Did You Know...

In Indiana:

4% of 6th graders drink on a monthly basis.

12% of 8th graders drink on a monthly basis with 4% participating in binge drinking.

22% of 12th graders drink monthly.

Delaying a high school student's exposure to alcohol until 12th grade results in a 50% reduction in the likelihood of alcoholism developing later in life.



## FITNESS GOALS

Our Recreation Therapy Department is helping children set and achieve fitness goals for 2020. Each month, the kids are given a new fitness challenge with a reward at the end if they meet or exceed their goal.

In August, the kids worked on a mountain climber challenge to work core and shoulder strength as well as endurance. All of the children worked so hard. They had a collective goal of 75,000 mountain climbers, and while they did not make the goal, they put forth a great effort. However, our highest personal count was well over 10,000! Congratulations to the children at EPCC for their hard work!!



Coming this Fall...sit-up challenge!!! Our kiddos set their own expectations for this one with some cool prizes if they meet their team goal. Cheer them on and encourage them throughout this next challenge.



## Clinical Programming News

EPCC Clinical Staff provide programming for all of our kids from 8:00 am to 8:00 pm, 7 days a week. In addition to educational services provided by Evansville-Vanderburgh School Corporation Special Education teachers which follows the normal EVSC calendar, our kids participate in many therapeutic groups and activities all year long.

What would a school day be without Physical Education? Our Recreation Therapists provide a wonderful PE group for all children after the school day is finished to make sure that kids get time to run, play, and have fun while learning good fitness habits.

The children start the school day Monday through Friday with a yoga session, then an OT program in the school called Minds In Motion, which incorporates sensory exercises. This helps the children's bodies to stretch and get move, and their brains to "wake up" and prepare to learn.

Speaking of Occupational Therapy (OT), the children also participate in other groups such as Self Regulation, Reflex Revolution, and Handwriting group to strengthen and fine tune gross and fine motor skills.

Some therapy groups provided by our LCSW and MSW therapists include Boyz 2 Men, a therapy

group for our older boys; Teen Power, a group for our older girls, and EPCC Express, a therapy group that explores appropriate ways to express feelings. A Junior Achievement course entitled "Ourselves" was offered which explored the difference between wants and needs. And, as always, our therapists provided individual, duo, and family therapies as well.

Some additional Recreation Therapy (RT) groups which the children really enjoyed this summer included Fitness Around The World (as part of the educational Summer Enrichment Group), Hip Hop Dance, and Swimming (with water safety trained EPCC staff).



During the last week of Summer Enrichment, which is our educational program during the summer months, our teachers planned a Pokemon-themed event to lift the children's spirits.

The teachers set up a version of Pokemon GO on the EPCC grounds and the children enjoyed the detailed scavenger hunt that the program provided. It certainly kept them busy and helped with the children's focus and attention to detail.

After the geocaching event was completed, each child received a Pokemon t-shirt.



A Gardening Group was enjoyed by many children thanks to EPCC RT staff and a grant from Indiana Master Gardeners Association and assistance from a Purdue Extension consultant. Thanks to this group, EPCC's grounds look even more beautiful!

Our kids have been enjoying Music Therapy virtually one Tuesday a month. This music therapy group is provided by University of Evansville Music Therapy Students and teacher.

All EPCC staff work hard each and every day to provide a safe, clean, fun, and therapeutic place for children during their journey to recovery.



# CHRISTMAS IS COMING!

'Tis the season! As you can imagine, the Christmas season is a joyful time of year at EPCC. We start making plans early to give each of our children an amazing Christmas every year, and this year is no exception.

Every year, we are contacted by our faithful EPCC friends, both individuals and groups, and they ask us what they can do for our kids for Christmas. As always, we are very appreciative of all they do to help make the holidays a success.

This year, despite the COVID-19 pandemic, we are still making every effort to make Christmas time a special time for each of our children. We need the help of our EPCC friends, both old and new, to make this a reality.

We're making just a few slight changes to how we are accomplishing this for Christmas 2020. Our

groups who love to provide our children with Christmas parties, Christmas plays, and visits from Santa may arrange to do this virtually this year using a meeting app such as **Zoom or Microsoft Teams**. Please contact EPCC's Community Services Director for more information.



For gift giving this year, we have established an **Amazon Wish List** from which Friends of EPCC can purchase toys, electronics, books, and sensory items for Christmas. The list is configured to ship items directly to EPCC when purchased. Below is the link to our wish list. Please copy and paste into your browser:

**EPCC Christmas Wish List**  
[https://www.amazon.com/hz/wishlist/ls/SRO3098G3YUF?ref\\_wl\\_share](https://www.amazon.com/hz/wishlist/ls/SRO3098G3YUF?ref_wl_share)



For assistance with shopping on Amazon from our Wish List, feel free to call our Community Services Director.

For Christmas, and all year round, we utilize **gift cards** for special outings or to purchase items for our children. Gift cards that we can use at any time of year include:

Hobby Lobby/Michael's/Jo Ann Fabrics, Tools For Teaching, Walmart, McDonald's, Dairy Queen, Subway, Domino's, Five Below, Target and Kohl's. Visa and MasterCard gift cards that can be used universally at most businesses would really come in handy also.



Despite these uncertain times, all of us here at EPCC plan on making Christmas 2020 an awesome season to remember. We can't make that happen without the kindness and generosity of people like you. We look forward to hearing from all of you soon, and **HAPPY HOLIDAYS!!!**



**DID YOU KNOW?**

- ★ EPCC Served 39 children during the 2019-2020 fiscal year.
- ★ EPCC has served over 1450 of Indiana's Seriously Emotionally Disturbed Children since opening in 1966.
- ★ EPCC collaborates with the Evansville-Vanderburgh School Corporation to provide educational services to all our children. EPCC also participates in the National School Breakfast and Lunch Program.



EPCC is continuing to follow all CDC guidelines for staff, children, and visitors. We have made updates to our procedures due to the gradual re-opening of the State. Masks are being required to be worn by both staff and visitors during admissions and Treatment Team meetings (visitors can use their own mask, or EPCC will provide a mask), some committee meetings involving non-EPCC staff are still being held virtually, all guidelines are followed when taking children to outside appointments, and family visits are still being limited to on-grounds visits, one family at a time, with only one or two family members. All meeting rooms are immediately cleaned and sanitized after use. Thanks to all for supporting our efforts to keep our kids, their families, and our staff safe and healthy.

### We're Ready for Your Referrals

Refer through the assigned liaison from your MHC.  
 Referral packet information needed includes:

- Psychology Evaluation with IQ
- State Hospital Referral Form
- CANS
- Psychiatric Evaluation from your MD

Contact Sharon Austin at 812-477-6436, x226

**MISSION**  
 Resolve Needs – Build Strengths

**EPCC NEWS**  
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Published periodically for employees and friends of EPCC.

Evansville Psychiatric Children's Center  
 Division of Mental Health & Addiction  
 Indiana Family & Social Services Administration

**Need to contact us?**  
 Call 812-477-6436 (exts. listed below) or email

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